

# ZOOM CLASSES DURING LOCKDOWN

## MONDAY

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~~7.30am Matwork L1-2~~  
9.00am Strength for Life  
10.00am Simulated Reformer L3  
11.00am Matwork L1  
12.00pm Matwork L2  
5.30pm Matwork L2

## WEDNESDAY

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8.30am Simulated Reformer L1-2  
9.30am Strength for Life  
~~12.00pm Matwork L1-2~~  
1:00 pm Matwork L3  
2.30pm Strong Bones

## FRIDAY

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7.30am Matwork L2  
8.30am Strength for Life  
9.45am Strong Bones  
10.45am Strong Bones  
12.00pm Matwork L3  
1.00pm Matwork L1-2  
3.30pm GLA:D

## TUESDAY

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7.30am Matwork L2  
9.00am Golf Fit  
10.00am Strong Bones  
11.00am Matwork L1  
12:00 pm Matwork L2  
2.30pm Strength for Life  
~~3.30pm GLA:D~~

## THURSDAY

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7.30am Matwork L2  
9.30am Simulated Reformer L3  
10.30am Matwork L1-2  
12.00pm Golf Fit  
~~1.15 pm Matwork L2~~  
3.30pm Strength for Life  
5.30pm Barre

## SATURDAY

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8.30am Power Yoga (Try your first class for free!)  
10.00am Matwork L3  
11.00am Matwork L1-2

